

Paul McCartney's veggie salad

The former Beatle shares his favourite recipes in the Meat Free Monday Cookbook as part of the Meatless Mondays campaign, aimed at reducing global meat consumption PAGE 14

VENUS OUSTED

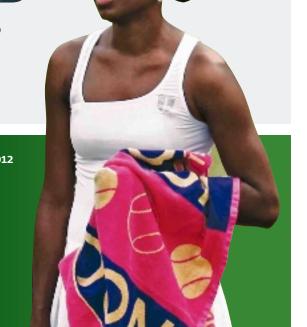
FORMER WIMBLEDON CHAMP SUFFERS FIRST-ROUND LOSS AT TOURNAMENT SHE ONCE RULED PAGE 20



metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Tuesday, June 26, 2012





Professi

Man critically injured outside downtown club

Crime scene. Broken glass litters the scene where police investigate how a man was critically injured



LOFARO

Ottawa police are investigating after a 24-year-old man was found unconscious in the Byward Market Monday morning and sent to hospital with lifethreatening injuries.

Police spokesperson Marc Soucy said the man was found

Scouts Canada failed to report abuses: Audit

Audit discovers 'disorganized' files rather than evidence of coverup PAGE 3

unconscious outside of the Sky Bar on Rideau Street following an altercation at about 2:30

"We are trying to determine if it was the result of a fall or a result of the fight," said Soucy.

Paramedics spokesperson Jean-Pierre Trottier said the patient had not regained consciousness by the time he arrived at the hospital.

On Jan. 22, 24-year-old Navid Niran was fatally stabbed after visiting the same nightclub.

City councillor for Rideau-Vanier Mathieu Fleury was in the area as police investigated Monday afternoon. He said violence in his ward is "a significant issue," but should not

area," he said.
"I'm from this area, I've walked my entire life on Ri-

scare people away from the

"I still feel that it's a safe

market.

deau Street, never had any major incident. I'm not involved in criminality obviously, so what I say is our downtown is safe, Rideau Street is safe."

Fleury commended the work of the police and the local business improvement association for making the Byward Market safer.

As of late Monday afternoon, police Const. Henri Lanctot said there were no arrests made and the investigation is

Elliot Lake search back on

Rescue teams will resume search efforts at a partially collapsed mall after search attempts were called off earlier Monday, says an MPP PAGE 6

Euro 2012 semi-final preview

Germany hopes to beat Italy for the first time ever at a major tournament PAGE 20



CLASSES STARTING MONTHLY

Legal Assistant

NEW PROGRAM!

Program Objective

This program prepares you to become a vital and valued member of a legal team in a variety of work environments such as law firms, legal departments, governments and financial service companies to name just a few! Strong administrative skills combined with an excellent foundation of legal and procedural knowledge allows you to help the legal team to function smoothly and efficiently.

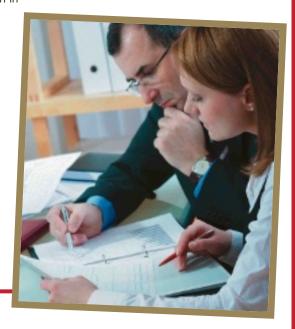
Career Opportunities

Numerous career opportunities exist for Legal Assistants. Law offices, courts, financial organizations, insurance companies, Police and armed forces are but a few of organizations requiring Legal Assistants. Algonquin Careers Academy provides hands on instruction in

a well-equipped classroom. The Legal Assistant Diploma program consists of 34 weeks of training, including a 4 week co-op placement.

Courses included in the Legal Assistant program are:

- General Law Office Procedures
- Wills and Estates
- Civil Litigation
- Real Estate Law
- Family Law
- Corporate and Commercial Law
- Principals of Canadian Law and Legal Terminology
- Introduction to Computers (Word, Excel, PowerPoint)



Paralegal

Program Objective

Part-time evening program now available!

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained, competent legal professionals has never been greater.

Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 33 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

This 40 week diploma program includes an 8 week co-op placement.

CALL TODAY

Classes Starting Monthly! 613-722-7811

Accounting and Payroll Administrator Classes starting in July!

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner** (PCP) certification, issued by the **Canadian Payroll Association** (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

This is a 38 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.



1830 Bank St. 613-722-7811 www.algonquinacademy.com

June 17 disappearance



etails have been put up by his

Family questions police effort in missing-man search

Nicole Nayel hasn't seen her son in over a week and wants to know if the police are doing everything they can to find him.

Fouad Nayel, 28, went missing when he never showed up for a family dinner on Father's Day. He went to Petawawa earlier that day. "They gave us little answers," said Nicole, after a meeting with police Monday evening. "They should have more manpower, they

should have more help."
The search is taking its toll on her and her family, she said, calling it "a bad dream." Relatives have taken the search into their own hands by putting up flyers and driving out of town to look for clues. Police are "not being thorough with their investigation at all," said Fouad's cousin, Adam Mounzer.

Mounzer said he drove to Shawville, Oue... because that was the last place where his cousin's cellphone received a signal. Lead investigator Sgt. Wayne Niemi said that piece of information doesn't necessarily mean Fouad was in Shawville. "The way cellphone towers work, it doesn't mean that person is there," said Niemi. (The signal) could just be bouncing off the river."

Niemi added that Ottawa police are concentrating their efforts in the Petawawa area. Fouad was driving a black 2002 Nissan Altima, plates ATTA 634. He is six feet tall and is Middle Eastern. Joe Lofaro/Metro

Home business. No more art parties at gallery: City

A Hintonburg art gallery will no longer be holding public events after the City of Ottawa found it in contravention of the bylaws for home-based businesses.

"I lost my job, I lost my business," said Patrick John Mills yesterday after meeting

with city officials.
The Patrick John Mills Contemporary Fine Art Gallery is still open, but Mills is only allowed to see one client at a time, which will be hard on the business, he said.

Mills had been holding

"I lost my job, I lost my business.'

Art gallery owner Patrick John Mills

once-a-month art events at the gallery in his home to build the art community and drive business to the gallery. Last week, the City of Ottawa received a complaint from an anonymous person, which prompted the bylaw investigation.

IESSICA SMITH/METRO

Former RCMP officer Kevin

In memoriam. City plans to name street after officer

Ottawa will likely soon have a street named after murdered police officer Eric Czapnik.

Following the city's naming process, city staff are suggesting Brisebois Crescent, located next to the East Division police building on St. Joseph Boulevard, be renamed Éric Czapnik Way.

The city is currently accepting feedback on the proposal. If there are no objections, the renaming bylaw should be signed off by city council at a meeting in July, according to city staff.



Gregson stabbed Czapnik to death outside of the Ottawa Hospital Civic Campus on Dec. 29, 2009. Gregson is serving a life sentence for first-degree murder. iessica smith/metro

NEWS

On the web

Fickle. frustratina Facebook

The folks at Facebook have done it again have done it again
— annoying users by
making changes without
advising them. This time,
all users' default email
addresses have been
changed or are about to
be changed to an @facebook.com account, an ac-count most people never use. Go to metronews.ca to read the full story and find out how you can fix the change.

Mobile news



Got a tumour? There's an app for that. Smartphone technology is now entering the operating room, allowing ovariancancer surgeons to use an application to store and track tumour information. Scan the code to find out more.

Scouts Canada failed to report 65 sexual abuse cases: Review

Seven-month audit.

Forensic review finds no evidence of coverup, but discovers 'disorganized' and 'incomplete' files



LOFARO

A forensic review of Scout Canada's records reveals authorities were not contacted about at least 65 cases of alleged sexual misconduct against a youth.

"We are deeply and truly sorry for any harm that has happened at the hand of volunteers that were in our organization," said Steve Kent, Scouts Canada's volunteer chief commissioner at a press conference Monday.

"We will do everything that we can to prevent such instances from happening in the future and we encourage victims to talk to us."

conducted a seven-month audit of the organization's files, many of which were "disorganized" and "incomplete." The audit analyzed 486 identified records provided by Scouts Canada records which were related to suspension and termination of volunteers for alleged sexual misconduct against youth from 1947 to 2011.

there were 64 cases where it was unclear whether or not auing the review process Scouts Canada provided information about those cases to police forces, which are investigating.

In 29 other cases, Scouts Canada had already contacted

The accounting firm KPMG

In addition to the 65 cases, thorities were contacted. Dur-



police. In 328 cases, police were aware of the allegation of sexual abuse before Scouts Canada.

Learning from past mistakes, the organization said it will now "rigorously" implement a new Child and Youth Safety Plan, which includes improved adult screening and training.

"I think Canadians can take comfort in the fact that we're confronting the past in its entirety now with a heightened level of openness and transparency like we've never seen before," said Kent.

Follow Joe Lofaro or Twitter @giuseppelo



the Cuckoo Clock Shop 50%-80% OFF

EVERYTHING MUST GO BY END OF JULY 2012

Clocks, Watches, Unique Gift items and much more!

St. Laurent Shopping Centre • Lower Level, South Court • 613.749.8509

Labour dispute. NHL contract negotiations a worry to Sens' draft pick

Ottawa's 67s defenceman Cody Ceci and his family are overjoyed he was the first draft pick of the Ottawa Senators, but worried that a potential labour dispute may delay his chance to play for the team.

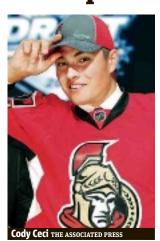
"Growing up and going to a lot of those games, and now being able to try out for that team, it's pretty cool," Ceci said on Monday. Negotiations on a new col-

Negotiations on a new collective bargaining agreement will begin soon to replace the 2004-05 agreement, which included a salary cap and expires Sept. 15.

Ceci said he's a little worried about the labour situation. "It would definitely suck if that were to happen. I could have to wait an extra year to reach my goal, but at the same time it would be the same for everybody in the league and I'd just have to deal with it."

In the meantime, his excitement at being the first draft pick for the Senators is shared by the whole family, including his mom.

"Oh cripes yeah," said Karen Ceci. "I was pretty



much a crazy hockey mom at the draft."

She had been explaining to friends that the chances of Cody, if drafted, would get drafted to the Senators, were slim. "So when that happened, I just completely flipped. We're big Sens fans so it was really exciting," she said.

On Tuesday Ceci is headed to the Senators' development camp, along with the other draft picks and players.

JESSICA SMITH/METRO

WITH FILES FROM THE ASSOCIATED PRESS



The sound of New Orleans

Troy "Trombone Shorty" Andrews plays at Confederation Park as part of the Ottawa Jazz Festival on Monday. Trombone Shorty and his band Orleans Avenue — Mike Ballard on bass, Pete Murano on guitar, Joey Peebles on drums, Dwayne Williams on percussion, Dan Oestreicher on baritone sax and Tim McFatter on tenor sax — hail from New Orleans, MARC DESCRIPTION METRO.

Local startup. If you can't Google it, Fuukit

Anyone who has thrown up their hands and shouted "f#@k it!" while searching for something on the Internet can try turning to a new Ottawa-based company that offers live search support.

"We noticed that people don't necessarily know where to go when they get search results," said Marc Belisle, who launched the controversially named search site Fuukit.com at the beginning of June. "The answer is there, but they don't know exactly how to look for it."

Powered by Google search, the site gives users the option of calling, texting or emailing their questions about the search results they've found to the site's operators.

"Just recently I had a man

"Just recently I had a man asking about information on employment insurance," Belisle said. "I walked the guy through their web page and took him to the point where he could apply online. It probably took about five minutes."

Belisle said that he came up with the name while working for Service Canada. "A client called me twice for help and it wasn't within

Quoted

"Depending on how hard the question is, the more time it's going to take us. But we will get you the answer."

Marc Belisle, founder of Fuukit

our mandate to provide the information they were looking for," he said. "In frustration they said 'fuukit' and the name just clicked."

Since the site launched, questions have started to flow in, not just from Ottawa, but as far away as the Philippines and Brazil, Belisle said. So far he has been able to answer all of them.

"Every day there's more and more questions," Belisle said, adding that as the business grows he hopes to open a call centre in Asia to field the queries.

In an unscientific experiment Metro texted a question to Fuukit.com and got a correct response within seven minutes. How many horses are in the RCMP musical ride? Thirty-six.

GRAHAM LANKTREE/METRO



GRAND OPENING

318 Townline Road, Carleton Place, Ontario, K7C 3S3

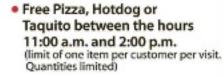


www.macewen.ca

- Ribbon Cutting at 1:00 p.m.
 Thursday June 28th
- Spin the wheel and win prizes, everyone is a winner!







 Free Java Post travel mug and coffee (limited to the first 200 gas customers)











VERY FRIDAY IN JULY IS F'REAL BOGO DAYS

freal

*Limited time offer/Limited to the first 100 customers for each day of promotion.

**See in store for details. Apple and iPad are trademarks of Apple Inc., registered in the U.S. and other countries.

Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had migrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the Scotiabank StartRight® Program¹ for Newcomers, which includes a free day-to-day bank account for one year2, a wide range of credit card options3 and a number of other customized services and benefits.

"Before the workshop, I was very worried, but after I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles and Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my credit card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well-prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 32-year veteran of Scotiabank, who still remembers first seeing donuts when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about

banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

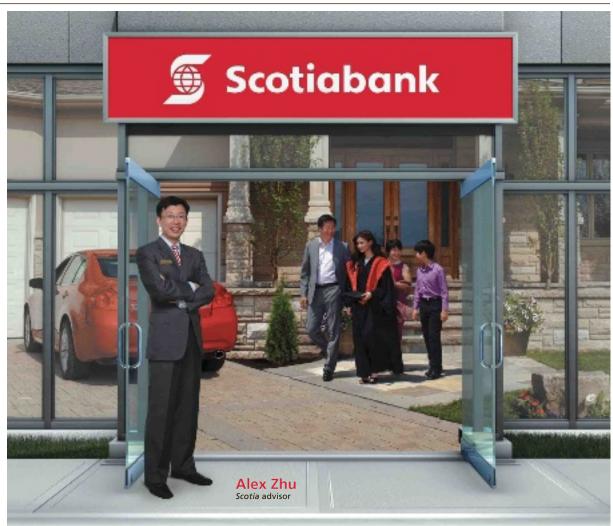
Today, Mr. Zhang is enjoying life in Canada, and whenever he has the chance, he speaks to others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to, "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK®.



With Scotiabank's help, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.



"Alex helped open the door to our new start in Canada."

The Scotiabank StartRight® Program¹, specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable Scotia® advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.



The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. The Scotiabank StartRight Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada.

in Canada.

2. Offer available for one year when you open a new Scotia One™ account with Scotiabank. Free banking means that we will waive your Monthly Account Fee only. All other fees not covered by your banking package will continue to apply, including additional fees charged by other financial institutions and access fees to use non-Scotiabank banking machines (e.g., Interac**, VISA* or PLUS* fees). Cardholder service fees continue to apply for using cross border debit service. Please see the Day-to-Day Banking Companion Booklet for further details about these services and fees.

3. Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured VISA card may be available up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. VISA card security can be cash security. Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.

© Registered trademarks of the Raph of New Card. savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.

® Registered trademarks of the Bank of Nova Scotia.

™ Trademark of the Bank of Nova Scotia.

* VISA Int/Lic. User The Bank of Nova Scotia

** Interac Inc. owner of mark Interac. The Bank of Nova Scotia is an authorized user of the trademark.

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

IT'S TIME WE WENT PUBLIC.

CMA Ontario is proud to announce its new authority to license Certified Management Accountants to practise public accounting. Watch for a "new class" of public accountants honed in strategy, management and accounting to bring a fresh dimension to the practice. Now more than ever, we are creating possibilities.

Create Possibilities.



© 2012 Certified Management Accountants of Ontario. All rights reserved.

®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of
Management Accountants of Canada. Used under licence.



Search efforts to continue after appeal from public, premier

Elliot Lake tragedy.
Officials initially called off search due to concerns over a possible second collapse

A member of the Ontario legislature says rescue teams will continue search efforts at a partially collapsed mall in Elliot Lake, Ont., hours after search attempts were called off.

New Democrat Michael Mantha says the search is on again after Ontario Premier Dalton McGuinty urged officials to continue the effort.

Mantha says rescue workers are coming up with a plan to allow the rescue of any survivors or the remains of those inside the mall to be removed from the site.

Authorities called off the search earlier Monday after they deemed the mall too dangerous to send rescue crews into.

Hopeful personal vigils gave way to outraged group protests on Monday hours after officials announced they were halting efforts to rescue possible survivors.

Dozens of angry community members gathered outside city hall in the northern Ontario city, expressing their disgust that officials had walked away from a rescue effort they deemed too dangerous.

"Rescue missions never

Staying positive

"We've all banded together. We talk, we hug. We're just here together."

Catherine Timleck-Shaw, Elliot Lake, Ont., resident

end, save our families, save our friends," chanted the protesters.

Although the sound of tapping, which led rescuers to believe someone was still alive inside the rubble, stopped on Sunday morning, officials say a device called a life detector has indicated there's someone breathing inside. THE CANADIAN PRESS

Residential schools. Community celebrates lost birthdays after commission hearing

A big party was held at the end of a hearing in Saskatoon to recognize all the birthdays that were missed by children who attended residential schools.

The Truth and Reconciliation Commission provided cake, glow sticks, songs and cheers Sunday for all of the survivors who were never able to celebrate.

A stage was filled with children the same ages as many who attended the church-run schools

The government apologized several years ago for the schools, where many aboriginal children were physically, emo-

A grandmother's pride

"I'm walking away with a hope for my children and my grandchildren. I'm proud to be a First Nations woman."

Bernadette Neapetung, former residential school student

tionally and sexually abused.

The commission is holding hearings across the country and was in Saskatoon for several days last week.

Some of the people who attended said being able to

celebrate a crucial part of childhood such as a birthday with other survivors was inspiring.

"I'm not alone. At (the) residential school, you felt so alone. You thought you were the only one going through this pain," said Bernadette Neapetung.

She attended the hearings with her brother, George, who also was sent to a residential school.

"It's been a lightening of a load that I have carried for the entirety of my life," he said, "To be able to give a voice to that little boy inside of me and to let all of those things go."

THE CANADIAN PRESS

○ ROGERS™

BELLEVILLE

324 North Front St (613) 969-0120

BROCKVILLE

2399 Parkdale Ave (613) 345-3161

CORNWALL

(613) 936-2083

GLOUCESTER

1980 Ogilvie Rd., Unit 136 (613) 842-7285

KANATA

(613) 271-1153

Shopping Centre (613) 599-9690

KINGSTON

(613) 634-9897

(613) 546-6043

(613) 549-0315

NEPEAN

(613) 823-9240

2020 Lanthier Dr., Unit E2

OTTAWA

901 Carling Ave (613) 238-7533

104 Bank St (613) 230-0202 1465 Merivale Rd.

(613) 224-9222

(613) 724-2674

1719 St. Laurent Blvd (613) 276-8585

PEMBROKE

(613) 732-1602

1100 Pembroke St. E, Unit 210 (613) 732-1602

3435A Petawawa Blvd (613) 732-1492

ROGERS (III)

NEPEAN

(613) 726-7665

OTTAWA

2121 Carling Ave., Unit 87

1200 St. Laurent Blvd.

50 Rideau St., Unit 327C

110 Place D'Orleans Blvd. Unit 290 (613) 590-2237

(613) 737-2071

(613) 668-5499

BELLEVILLE

«WIRELESSWAVE»

















Now is the time to get your dream phone.

HTC One™X

with 3-yr. FLEXtab agreement

OFFER ENDS **JUNE 30**

- The only HTC One[™] with HD & LTE
- Amazing camera, lets you take a photo while shooting an HD video



• Spectacular 4.5" Super AMOLED plus display

Blazing connection speeds

Visit your local Rogers store today and find out how you can get it on your terms with Rogers new FLEXtab.



Scan to find a store near you or visit rogers.com/stores

現**CONNECT**EXCITING サースTALKSHARERELIABLE プロスピーNETWORK CHAT 関 TALK FRIENDS となるLIFE TEXT FIRST アロスピーLeading Uniternet Experiences.







Egypt. New president starts crafting government

New Egyptian president Mohammed Morsi went to work first thing Monday morning and started work on forming a government.

This was even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

major powers from his post.

Morsi, 60, a U.S.-trained engineer from the fundamentalist Muslim Brotherhood group, is the first Islamist president of Egypt.

He defeated Mubarak's

He defeated Mubarak's last prime minister, Ahmed Shafiq, in a tight race that deeply polarized the nation.

deeply polarized the nation.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday, after the first free and fair elections in Egypt's modern history.

People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced.

Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising and a major intersection that had been blocked for a week by



Tiptoeing into office

The contours are emerging of a backroom deal between the military and the Brotherhood that led to the ruling military council blessing Morsi as president

- State TV showed footage of Morsi meeting Monday with the ruling military.
- The generals gave themselves sweeping powers that undercut the president.

Morsi supporters protesting against the military.

THE ASSOCIATED PRESS



Putin takes pause to remember on Israel trip

Russian President Vladimir Putin walks during an inauguration ceremony of a memorial to Red Army veterans of the Second World War in Netanya, Israel, Monday. The West's standoff with Iran over its nuclear program was expected to top the agenda as Putin began a 24-hour visit to Israel.

ALEXEI DRUZHININ/RIA NOVOSTI/THE ASSOCIATED PRESS

Leaving the tinderbox

General defects from Syrian army

A Syrian general was among the latest defectors from the country's military, officials said Monday. Dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight. There are conflicting reports but the group included possibly a second general and either two or three colonels.

THE ASSOCIATED PRESS

Tunisia

Jail time over cartoons upheld

A Tunisian court has upheld seven-and-a-half-year sentences on a conviction of posting cartoons of the Prophet Mohammed on Facebook. Jaber Majeri and an associate were each sentenced to jail and fined \$800 US.

THE ASSOCIATED PRESS





great with Swiffer WetJet Wood solution.

SHINIER. Swiffer WetJet Wood solution dissolves dirt and tough, sticky messes to help reveal more shine than a mop on glossy ceramic tiles, hardwood and laminate floors.

FASTER. Forget mops and spending time on your floors. Swiffer WetJet delivers a great clean in less time vs. microfiber mop & bucket.

CONVENIENT. Swiffer WetJet is an all-in-1 mopping system. Just one simple wood solution that dissolves dirt and tough, sticky messes, revealing the natural shine of finished wood floors.

Designed for wood.

Swiffer WetJet Wood solution is designed to be safe and gentle on your finished wood floors, revealing its natural shine. With a dualnozzle sprayer and a strong-grip pole, this bucket-less mopping system also features a scrubby strip for powering through tough dried-on messes.

*Do not use on unfinished wood, oiled or waxed wooden boards, non-sealed tiles or carpeted floors because they may be water sensitive.





Walmart Canada ramps up hiring

Expansion. Already one of Canada's largest employers, retail giant plans to hire 3,100 more workers by 2013

Walmart Canada is ramping up hiring amid rapid expansion in this country by the U.S.-based retail giant.

Walmart says it will open 47 hiring centres across the country as it adds a total of some 4,000 new employees this year and next, about 500 more than previously announced.

The mass retailer pays "above minimum wage," which varies by province, said Alex Roberton, spokesman for Walmart Canada, adding that employees can also participate in a profitsharing program.

Roberton said the chain is "looking to hear" from former Zellers employees, whose experience would be taken into consideration.

Canada's

Mobile Notary

Certified True Copies

E-Document Certification

Notarization &

of Oaths

Affidavits

Visa & Passport

Processing

RedSeal

Notary.com

"We decided on a demo-

Facing competition

By the end of 2013, Walmart Canada expects to spend some \$750 million to open, relocate or remodel 73 stores.

- Included are most of the 39 former Zellers stores for which Walmart Canada purchased leasehold rights in June 2011.They will reopen as Walmart stores in this fiscal year.
- The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next year. Target plans to open 125 to 135 stores.

cratic approach so we're looking at everybody the same way, but with the Zellers employees, they're all being interviewed," he said.

In addition to the permanent jobs, the various projects are expected to generate some 10,500 construction jobs.

"We are extremely excited to be adding more than 4,000 new associates to our team," said Bob Hakeem, senior vice-president of people at Walmart Canada, using the company's preferred term for employee.

Walmart Canada pharmacies are also in the midst of a significant hiring phase.

Walmart Canada has already hired 900 employees this year, from sales associates to managers in its stores across the country, to field operations and home office positions.

Already one of Canada's largest employers, it plans to hire an additional 3,100 workers by the end of 2013, raising its overall Canadian payroll to 94,000.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. The retailer opened its first Canadian supercentres in Ontario in 2006 and has since ramped up expansion plans for the large-store concept.



Samsung's latest model

Models display Samsung Electronics' newest smartphone, the Galaxy S III, during its world tour in Seoul, South Korea, on Monday. Samsung, the world's top mobile-phone maker, said Monday it expects global sales of the latest Galaxy smartphone to surpass 10 million in July even as it struggles to keep up with demand because of component shortages. The company said the Galaxy S III will be released in 147 countries by the end of July, aiming to get a jump on rival Apple before it announces a new version of the iPhone in the third quarter. Samsung released the smartphone through all major mobile U.S. carriers last week. Samsung Electronics/THE ASSOCIATED PRESS

Tech trouble

RIM shares slide after downgrade

Research In Motion shares hit their lowest level since 2003 on Monday as the company was downgraded by investment firm Morgan Stanley, which called the company "essentially broken."

Morgan Stanley analyst Ehud Gelblum said while the troubles at RIM are well known, the investment firm believes estimates for the company need to come down even further over the next six months.

Shares in RIM traded as low as \$9.27 on Monday on the Toronto Stock Exchange, its lowest level since 2003 after adjusting for stock splits. The stock closed down 76 cents at \$9.36.

The drop came as
RIM dismissed a Sunday
Times newspaper report
on the weekend that
suggested the company
was considering selling
its handset manufacturing unit or a stake in the
whole company.
Speculation that RIM

may be sold or broken up increased earlier this year after the company hired JPMorgan Chase and RBC Capital Markets to help evaluate its strategic options.

THE CANADIAN PRESS

Moms crack the Walmart market

Notarization & Legalization

National Notary Public

Over 100 Locations Across Canada





Company

Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

> Consent to Travel

1-888 922-732 Four Toronto-area moms with more than a dozen children between them have cracked the Walmart market with an idea for labelling the stuff

kids lose.

After selling more than 50-million labels in 97 countries through Mabel's Labels online, the women have made a deal with Walmart Canada to put them on store shelves across the country.

The company's new product, blank, self-laminating write-on labels that stick to any surface and can withstand the microwave and dishwasher, are for parents who don't have time to order

online and wait for delivery.

Their Write Away! labels are for a must for the kid who's going to camp tomorrow.

Camps and daycares require that personal property — every sock, shoe, water bottle and backpack — be labelled and Mabel's Labels has been providing customized labels online for nine years.

Three years ago, the moms came up with a version that could be sold at retail.

Julie Cole, 41, a former lawyer and mom of six, founded the company with her sister Cynthia Esp and two friends, Julie Ellis and Tricia Mumby.

They used to work out of a basement in Hamilton and now own a 14,000-square-foot facility in the city. They now employ 40 people. Jenn Williams, category

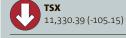
Jenn Williams, category manager for stationery for Walmart Canada, had already known about Mabel's Labels because she was a mom herself

"I was very excited they had come to us. They had done their research and were very well prepared. It was a perfect match for Walmart because our customer is Mom." TORSTAR NEWS SERVICE

Market Minute



97.16¢ US (-0.44¢)





\$79.21 US (-55¢)



Natural gas: \$2.694 US (+6.9¢) Dow Jones: 12,502.66 (-138.12)



More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225 bdodebthelp.ca

BDO Canada timited is an affiliate of BDO Canada LLP, BDO Canada LLP, a Canadian limited liability portnership, is a member of BDO International Limited, a UK company limited by guarantos, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



SEXISM IS NO JOKE



ronews.ca/shesavs

Every once in a while, you can count on some male comedian to drag out the hackneyed 'girls-aren't-funny" routine to try and gain some attention or, in Adam Carolla's case, sell

a book

In an interview with the New York Post last week, the comedian complained about his personal struggle (eye roll) with unfunny female colleagues. "They make you hire a certain number of chicks, and they're always the least funny on the writing staff," he whined. "The reason why you know more funny dudes than funny chicks is that dudes are funnier than chicks."

It's pretty pathetic when a 48-year-old man uses words like "dudes" and "chicks" to offer commentary on gender roles in comedy. But I suppose this is the type of enlightened discourse we can expect from the comic genius behind The Man Show, a now-defunct program that featured such classic bro-centric segments as Guess Whose Asscrack and Breast Implant Fashion Show.

In reality

"There are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes.'

If Carolla expects his staff writers to rely on lowbrow, homophobic (GLAAD recently lambasted Carolla after he joked that the LGBT acronym should be changed to YUCK), frat-boy humour to get cheap laughs, then I'm not surprised to learn that he hasn't encountered many women who adhere to his idea of funny.

Sadly, while the backlash against Carolla's misogynistic remarks was substantial, he's not alone in his sexist

ideas. The late Christopher Hitchens opined a similar argument in his infamous 2007 Vanity Fair essay titled Why Women Aren't Funny.

In the piece, Hitchens suggested that men are obliged to be funny in order to attract members of the opposite sex. "Women have no corresponding need to appeal to men in this way," he wrote. "They already appeal to men, if you catch my drift." Presumably, Hitchens' drift is that men are only attracted to women in a superficial (read: libido-driven) way. Underlying this belief is the dangerously chauvinist assumption that women are to be looked at, not heard from.

Thankfully, there are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes. Kristen Wiig, Lena Dunham, Mindy Kaling, Wanda Sykes, Tina Fey, Betty White — the list of women who are funnier (not to mention more successful) than Adam Carolla is endless. These women produce and star in their own films and TV shows, they win awards, and they narrate audiobooks that will make you laugh aloud like a lunatic on the bus during your morning commute.
As for Adam Carolla, this washed-up man-child should

go back to hosting his wildly successful podcast that you've probably never heard of.

New Yorkers beam at WTC site



9-11 memorial site

Beam completes steel skeleton

A construction worker signs the last steel beam before it is hoisted 300 metres to the top of 4 World Trade Center on Monday in New York City.

The trapezoidal glass and steel office building, which is designed as an architectural backdrop to the September 11 Memorial, is scheduled to open in 2013.

GETTY

Construction worker Frank Gasior azes as the last steel beam is sted to the top of 4 World

Then and now

"Ten years later, it's pretty remarkable. This is a very proud moment. It's full circle."

Sally Rexach, a nurse who aids workers at the site as she did during the rescue and recovery work following Sept. 11. She said she had tears streaming down her face while the beam was lifted into the sky.

First tower completed

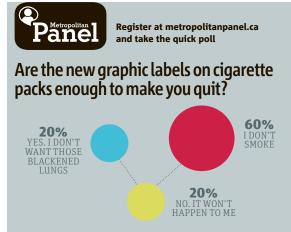
Redevelopment long overdue

Developer Larry Silverstein told the crowd that his goal was "to give New Yorkers back the city terrorists tried to take away."

After years of funding and planning disagreements that at times threatened progress, Silverstein acknowledged, "It's been a very tough time." But he added, "I've always believed in downtown New York."

THE ASSOCIATED PRESS





@JamesHMcLaren:

Holy crap its only 13 degrees out in #ottawa!

@ottawa_events:Enjoy the sights, sounds &tastes of the Caribbean Islands at A Caribbean Carnival Soiree June 29th Tix only \$30 #Ottawa http://t. co/7AcZWN7z

@frankiespankme:

Applying for #geniusbar position at Apple store #ottawa. I'm sick of waiting on tables

@AshPlaysOn it's waaaaay colder here in #Ottawa today. First time in a week I have long sleeves and jeans on

@Amber4Animals:

Off to a rainy week here in #Ottawa. What do you do to keep your #dog busy inside on rainy days? #pets #rain #fun

Just heard child ask "Mommy, can we have brussels sprouts." I swear. 12 SCENE metronews.ca metronews.ca Tuesday lune 26 201

SCENE

Scene in brief

Billy Ray heads to Broadway

Country singer Billy
Ray Cyrus is making
his Broadway debut in
Chicago. The singer of
Achy Breaky Heart and
father of Miley Cyrus
is detouring from his
Nashville roots in taking
on the role of criminal
lawyer Billy Flynn for
a seven-week engagement beginning Nov. 5.
Cyrus starred with his
daughter in the hit TV
series Hannah Montana,
and has acted in TV movies on Lifetime and the
Hallmark Channel. Cyrus
has also hosted country
music's Nashville Star
and was a competitor on
Dancing With The Stars.

On the web



Black Keys sue Pizza
Hut, Home Depot for
copyright infringement
over song use in ads

Alex Pettyfer bares all

Magic Mike. Actor talks about psyching himself up for semi-nude dancing

NED EHRBAR

Metro World News in Hollywood

While audiences are already familiar with Alex Pettyfer after a busy 2011 — with I am Number Four, Beastly and In Time — they are about to see a lot more of him, to put it lightly, with the release of Magic Mike. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character). Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?

I guess you kind of like dive into the fact that when you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?

It's a very scary thought, one, to dance, as I've never danced before, and two—the fact that you're going to dance practically naked, you kind just wrap your head around the fact that

you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not hav-ing the experience beforehand, and having the experiences firsthand on the set was also very calming. I had to learn how to dance, because I can't dance. At all. To save my life (laughs). But at the end of the day, you don't want to go to a male strip club and we're all perfect, classic dancers. What's great about the movie is that it's fun and mistakes are forgiven. It's an amazing thing to watch the flaws of a stripper because more comedy and more grime

You're not playing Channing Tatum per se, but he is the basis for your character. Having him there must be... A little awkward (laughs). It's a little awkward, yeah, because obviously he's a phe-

equals more reaction.

It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally, because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience, so it actually really helped.

You also had some very enthusiastic extras on set for the dance numbers.

Showgirls

What about that other stripper movie?

"A friend asked me if this is the male Showgirls — which it really isn't. I almost had a heart attack there. Like, are we Showgirls? Oh, f—!," says

Pettyfer.
But will people draw
that connection anyway,
because it's a movie about
stripping? Pettyfer doesn't
think so.
"You follow the charac-

"You follow the characters through a journey," he says

"It just happens to be in the world of male stripping."

They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets

with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming.



ORD OF RINGS

In Concert with the NAC Orchestra
FULL LENGTH FILM WITH THE MUSIC PERFORMED LIVE

July 5, 6, 7

Composed by Howard Shore



NATIONAL ARTS CENTRE CENTRE NATIONAL DES ARTS

nac-cna.ca

ticketmaster.ca 1-888-991-2787 (ARTS)



TOU COULD

Grand Prize: "The One Ring" 14k Gold LOTR Replica ring; VIP tickets for 2 to the live show, July 5th; T-Shirt; Blu Ray/DVD set of the triligy

Other Prizes: 2 sets of tickets to the live show, July 5th

TRIVIA QUESTION:

Who will be conducting the NAC orchestra for the LOTR show's July 5,6,7?

ENTER YOUR ANSWER TO THE TRIVIA QUESTION ONLINE AT CLUB METRO'S OTTAWA facebook PAGE







METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Anthony Bourdain: Off with their heads

MONICA WEYMOUTH

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and No Reservations host Anthony Bourdain found the time to pen a graphic novel.

time to pen a graphic novel.
Part kitchen revenge
fantasy, part kung-fu foodie
fun, Get Jiro! includes a
scene in which a man is
decapitated for ordering a
blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection

deserves respect," Bourdain told us when we caught up with him this week in New York City.

"So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our savage friends, whose heads aren't ours.



Jason Segel 'totally smitten' with Michelle Williams

Things seem to be going well on the romance front for Michelle Williams and Jason Segel. Williams "hasn't been this happy in forever," a source tells People magazine of the couple, who made a brief appearance at the afterparty for the premiere of her new film, Take This Waltz, in New York late last week.

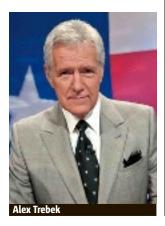
Segel, for his part, is just as happy. "Jason is totally smitten," the source says. "It's like the first girl he's ever been this way with."



Trebek has a heart attack

Longtime Jeopardy host Alex Trebek suffered a mild heart attack over the weekend, but is expected to recover, according to the Hollywood Reporter.

Trebek, who has hosted the game show for 28 years, "is in good spirits and is currently under observation and undergoing further testing," a rep says. "He is expected to fully recover and be back at Jeopardy when production begins taping in July for the new season."



Reese talks about her baby bump

While her baby bump has grown, Reese Witherspoon has stayed relatively mum on her pregnancy — her first with new husband Jim Toth.

But she finally acknowledged the obvious while at an event in Chicago, according to the Chicago Sun-Times. "Frankly, I'm feeling very round tonight," she told the crowd.







LIFE

Health minute

Why go meatless?

Why should people aim to reduce their consumption of red meat? Metro asked Meatless Monday founder, Sid Lerner, for a few reasons: "Animal fat is the villain. Red meat is high in cholesterol and saturated fat and knocking it off the menu is good for your health. Eating it in excessive amounts (a portion larger than the size of a deck of cards, more than three times week) could eventually trigger a heart disease and or, diabetes. Eating mass amounts of red meat messes up the environment. Reducing global consumption will lighten up our carbon footprint." METRO

On the Web



oping to prevent drownings before they hit high school

Go meatless this summer

Food for thought.

The Meatless Monday campaign is fighting to reduce global meat consumption by urging carnivores to go veggie one day a week. In the Meat Free Monday Cookbook veteran vegetarian, Beatles singer Paul McCartney, shares his favourite recipes. Here's one:

ROMINA McGUINNESS

It's no secret that a diet high in processed red meat can dramatically increase the risk of death from heart disease or cancer. But with the summer barbecue season in full swing, we've been gorging on burgers most weekends. Will cheese and beans ever rival the real deal? Probably not. But it's time to tackle the scary truth, one steak at a time.

This is a fantastic salad. Here it's served with tofu, but you could just as easily serve it with veggie burgers or vegetarian sausages, as well as fries and mashed potatoes.

Preheat the oven to 400°F and roast the cherry toma-



Paul and his daughters / CONTRIBUTED

If you're looking for something other

2Cover the bottom of a pan with cold water and place a steamer above it. Put the broccoli, green beans, and carrots in the steamer, turn the heat on quite high, and steam for about 15 minutes, occasionally prodding the carrots with a fork to see if they are done. Some people like them slightly crunchy, others prefer them a little softer.

While the vegetables are steaming, make a salad with the leaves and scallions.

Combine the cornmeal and herbs in a bowl. Heat some olive oil in a frying pan. Dip the tofu in the cornmeal mixture and then fry until

Whisk together the ingredients for the dressing, but only pour over at the last

Ingredients

Serves 4

- 28 cherry tomatoes3 florets of broccoli
- 12 green beans, cut into 1 inch lengths
- 2 carrots, peeled and sliced into 1 inch pieces
- 1 lettuce I like Romaine
- 3 scallions, finely chopped
- 2/3 cup cornmeal
- a handful of chopped herbs of your choice
- 9 ounces tofu, cut into slicesolive oil for frying

For the dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar • 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup (if you like a bit of sweetness)



look GREAT

· lose weight

· feel AMAZING!

71 Bank Street, 3rd floor 613-233-9642 www.bikramottawa.com

Introductory offer One week UNLIMITED yoga \$20 + HST

for STUDENTS special drop-in rate \$10 (including HST) st with valid student ID



Pesticides still affecting our daily lives

Chemicals. Despite recent moves to remove them from our food system, they can still be found

CELIA MILNE

life@metronews.ca

Pesticides still lurk. Your city may have banned these pestkilling chemicals, but they continue to quietly cause illness in society.

The Ontario College of Family Physicians (OCFP) recently conducted a review of 142 studies on pesticides, and found their use is associated with disorders of breathing, brain development and reproduction.

"The bans are a great step in the right direction," says Dr. Kate Bassil, an epidemiologist at Mount Sinai Hospital, "but there is still an opportunity to decrease exposure."

Pesticides are still used in many ways: to kill bugs on house plants, in farming, in flea and tick products, and on lawns, explains Bassil, an assistant professor at the University of Toronto and an



author of the review.

"The message from our report is, look at opportunities wherever possible to decrease exposure."

When a pregnant woman is being exposed to pesticides it can have negative effects on her developing baby — leading to low birth weight or abnormal reactions to stimuli.

"In the uterus, while the baby is developing, pesticides can cross the blood-brain barrier and impact the developing brain," says Bassil.

The review also suggests that ADHD is more common in children who had higher levels of pesticide exposure during their mother's pregnancy.

Farm employees show an increased risk of asthma from working near pesticides 2,4-D and glyphosate.

"One simple message that

often comes up is about the fruits and vegetables we eat," says Bassil.

says Bassil.

"Where possible, choose organic, but that is not always affordable, so wash your fruits and vegetables thoroughly."

The OCFP suggests that

The OCFP suggests that if you are exposed to pesticides in an agricultural setting, use personal protection equipment and change your clothes after work.



Aesthetic, Implant & Family Dentistry Since 1983



STRESS FREE AND CARING DENTISTRY NOW ACCEPTING

NEW PATIENTS

613-230-7475 • 2nd Level • Rideau Centre Check out our weekly blog at www.rideaudental.ca THIS WEEK: Teens, their Teeth, and Those Lazy, Hazy Days of Summer!





metre 16 FOOD / RELATIONSHIPS metronews.ca Tuesday, June 26, 2012

All good things come to an end: a look at Lunch Rush



Career Education



A good meal always has an end. And so too does this Lunch Rush column. Today is the last day for the column that shows you where to find your lunch in Ottawa in 40 minutes or less and with a \$25 budget.

After 138 restaurant lunch reviews, 4,000+ minutes lunching, 145 weeks of exploring the dining scene in Ottawa, I must choose my top five places to grab lunch or a best bite. A difficult task.

The food truck scene in Ottawa is in its infancy. But Bite This is on the cutting edge, offering, on the street, haute cuisine such as the Cowboy Wannabe of grilled sirloin, roasted peppers, caramelized onions and goat cheese.

My most memorable review is from Mamma Grazzi's because of my fond memories there. The Brado, which is ravioli stuffed with cheese,

garlic and chili peppers is perfect, but it's the experience that lingers.

For a long time, you couldn't get decent ribs in Ottawa. The Smoque Shack fixed that issue. The Jamaican jerk chicken is lip-tingling good, the pulled porth has a dash of sweetness and the meaty pork side ribs are extremely tender.

Finally, be pampered with goodness at either Odile or Edgar. Both are run by the same chef-owner, Marysol Foucault, who knows how to treat your taste buds and pamper you with fine food such as the Croque Odile: smoked artisanal ham, creamy béchamel, melted gouda, arugula, thinly sliced apples and toasted walnuts on crusty bread.

Thanks to all of you for sharing this culinary journey with me. Remember, the best lunches are shared with friends.

And that's my wish for you. Eat. Enjoy life. Spend time with friends and loved ones. Bon appétit.

Honeycomb and Brie English Muffin Pizzas. One of the best combos



1. Heat the oven to broil.

- **2.** In a medium skillet over a medium-high temperature, heat the olive oil. Add the onion, garlic and thyme, then sauté for 5 minutes, or until the onion starts to get tender. Season with salt and pepper, then set aside.
- **3.** Split each English muffin in half and arrange cut side up on a baking sheet. Set under

the broiler just long enough to lightly toast, about 1 minute.

4. Top each muffin half with a brie, then spoon a bit of the onion mixture over each. Place under the broiler for another minute. Transfer the halves to serving plates, then top each with a spoonful of honeycomb. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1 tablespoon olive oil1 medium red onion, thinly
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- Salt and ground black pepper4 large whole-wheat English
- muffins
 6 ounces brie, thinly sliced
- Honeycomb

Train to become a Cardiology Technologist* Everest Everest College College Call Now! 1-800-979-0245 Apply online at www.EverestCanHelp.ca Ottawa, ON K1K 388 * (St. Laurent Blvd., Unit 19 * P.O. Box 239 Ottawa, ON K1K 388 * (St. Laurent Blvd., Unit 19 * P.O. Box 239 Ottawa, ON K1K 388 * (St. Laurent Shopping Centre, next to Good Life Fitness)

Providing Quality Education in Ontario for More Than 40 Years

How to socialize your partner and not be annoying



CHARLES THE BUTLER askcharlesthebutler@ metronews.ca For more, visit

Dear Charles, I have to admit that the man I chose to be my boyfriend has some traits that I would prefer he did not possess. OK, I admit it: I think he has bad manners. For example, he has a habit of forgetting to ask for his water without ice at restaurants. At the end of the meal, he wants to drink water without ice, so he scoops ice out with a fork or a spoon and puts it in his empty plate. Then he drinks the water. Sometimes I try not to let it bother me, especially when we're in a really casual restaurant. However the other night he did it in a small, fancier restaurant, and I could see people looking at him. How do I socialize my boyfriend without being an annoying girlfriend who is overtly trying to socialize her boyfriend? I've tried to model ordering water without ice (even though I prefer ice) but he doesn't get the hint. Rolling my eyes and being annoyed when he does stuff like that



is more effective at getting him to stop, but I don't like acting like that. Stressed Girlfriend

Dear Stressed Girlfriend,

I'm a firm believer you must deal with this issue head on and sooner rather than later, so how do we do this?

Firstly, not in public, nor in front of a waiter, pick a private place when it is just the two of you. Once alone, I think I would just come right out and say, "You know John, I've noticed that

when you pick the ice out of your glass, people at the tables around us are staring at you, and it is making me uncomfortable. Would you please do me a favour and when you order water, can you please order it without ice?"

The reason I like this method is because it tells him about others who have observed his behaviour and as his girlfriend, how this makes you uncomfortable.

Please let us know how it goes! Fingers crossed!

MAXIMUM BENEFITS

CREDIT CARDS OFFER ADVANTAGES

Many Canadian families are tightening their belts, and examining the role of credit cards is an important step when your review your household budget. With more than 70 million credit cards now in circulation in Canada, we easily take for granted the number of real benefits they can provide for the average consumer.

When you use a credit card for everyday shopping, for instance, you don't need to carry a large amount of cash or provide the additional identification necessary to pay with a cheque.

A credit card also gives you a complete

acquiring a credit card and using it responsibly is the quickest way to establish a positive credit rating, an absolute necessity for when they apply for a car loan or mortgage. Maintaining a strong credit rating by paying your credit card bills on time will help secure the lowest possible interest rate when you do apply for a mortcent of us pay our credit card balance in full each month, most of us pay an effective interest rate of zero. A credit card provides a convenient and secure way to shop, budget and manage your finances.

With the growing popularity of online shopping, credit cards have become even more essential; they can also help reduce the hassles of travel.

Millions of merchants accept major credit cards around the world, so you rarely have to worry about having foreign currency on hand. Furthermore, they are usually required to reserve a hotel room, rent a car, and make other travel arrangements.

Depending on the credit card you choose, you can earn points toward travel or merchandise with every dollar you spend. Many people use credit cards for regular expenses such as groceries and monthly bill payments to amass as many points as possible. Some cards also include plans that extend warranties and offer insurance on purchases. Competition amongst card providers for your business is fierce — with a bit of research, you can get a card with the extra features that suits your needs exactly, maximizing the benefits.



Minimum redemption is 20,000 PC points (worth \$20 in free rewards) and in increments of 10,000 PC points thereafter, at participating stores where President's Choice products are sold. PC points are not redeemable against the purchase of tobacco, lottery tickets, alcohol, prescription medication, milk in Quebec, or any products or services prohibited by law or as determined from time to time. * When you receive your President's Choice Financial MasterCard, you will also receive four welcome coupons, each worth 5,000 PC points. Redeem with any purchase at the checkout in participating stores where President's Choice Financial MasterCard. Allow 2 — 3 weeks for PC points on coupon to be added to your account. See coupons for full details. Coupons have no cash value. If your application is approved and an account is opened for you, you will receive 5,000 PC points for having applied online at pcfinancial.ca/freefood once you have activated your new President's Choice Financial MasterCard and made your first purchase within 6 months of account approval. 5,000 PC points are awarded one time only to you as a new customer on your first President's Choice Financial MasterCard and made your first purchase within 6 months of account approval. 5,000 PC points are awarded one time only to you as a new customer on your first President's Choice Financial made president's Choice Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licensee of the marks. All other trademarks are property of their respective owners. President's Choice Financial MasterCard is provided by President's Choice Bank. PC points program is provided by President's Choice Services In





Does the Net handle all your finances?

Plugged in. Trying to pay a bill or cancel a card can be a total nightmare when the Internet is down — have a back-up plan



YOUR MONEY Alison Griffiths money@metronews.ca Twitter: @alisononmone

We're all pretty much tech addicts these days and nowhere is this dependency more evident than in our Internet love affair. But everyone must have a fall back plan if you lose your connection, especially for financial data. I know of what I write.

This week I lost my service for a couple of hours and it pretty much brought my

Alison's money rule

"Love the Net but be sure to have a financial back-up plan for when it fails." work to a standstill. I couldn't access e-mail, let alone pay bills or check my calendar. I also had to contact my bank regarding a transaction. But have you ever tried to contact a specific person at a branch when you can't even locate a current phone book?

When the Internet abandons you the biggest concern is accessing your financial life. Delays could mean interest charges or other penalties.

One reader missed making his RRSP contribution when he lost service the night of the deadline. That cost him thousands in tax.

Here are four important steps you should take to protect your finances from cyber interruption.

1. Save. With programs such as Yahoo or Gmail, which are not resident in your computer, save important e-mails to your hard disk. Search the respective help programs for instructions. But I find it is even quicker to cut and paste e-bills or other important financial e-mails and save them in Word.

The advantage here is that you can make notes about when a bill is paid or add in-

formation about changing a cell or cable package, for example, with the relevant confirmation number. Assuming you back up your computer the information is easily accessible, Net or no Net.

- 2. Contacts. Print your contact list and make sure you have contact numbers for every bill you pay as well as for your bank and brokerage. Store it somewhere safe.
- 3. Inventory. Have a hard copy of all banking information including account numbers, passwords and security questions. I abbreviate the latter two for safety. For extra protection store it in a safety deposit box but be aware that if the bank isn't open you're stuck.
- 4. Calendar. Maintain a simple hard copy calendar or one resident on your computer noting when all bills are due. It will be a lifesaver if the Internet goes dark.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Owning your home shouldn't come at the expense of living.

Life adds up. Your finances should too. CIBC Wealth Builder Mortgage™



s6,000 IN SAVINGS

Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of \$75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeropian Canada Inc. Aeropian Miles cannot be transferred to another person.

On the cheap

Ten ways to save money moving



FUN AND FRUGAL Leslie Scorgie money@metronews.ca Twitter: @Lesleyscorgie

I spent this past weekend moving out of my suburban house and into my new downtown condo. Though I knew it would be expensive, I underestimated the timing of my total costs.

My VISA card hasn't seen

My VISA card hasn't seen this much action in one weekend since the time it was stolen four years ago.

Here are ten easy ways to save big when moving.

- 1. In advance of your move, prepare a budget. A budget is a tool to help you plan for your total moving expenses so you can avoid unnecessary debt once the bills start rolling in. Include costs such as truck rental, mileage, movers, soft costs and more.
- 2. Plan for soft costs which fall outside of your expected moving expenses such as utility, cable, Internet and phone hook-ups. Closing costs for a house such as legal fees and taxes

can add up to thousands. Don't get caught off-guard by soft costs! Ask your realtor or lawyer what to expect.

- 3. Downsize before you move so there will be less to transport. I sold 80 per cent of my furniture prior to moving through Kijiji. I also donated boxes of clothes, coats, boots, games and other household goods to a local charity. Use websites such as Craigslist, Kijiji, eBay and others to off-load your goods.
- 4. Rather than paying a moving company to pack up, transport, and unpack your house, do it yourself. If you're moving locally, bribe your friends to help with pizza, beer, begging and a big "thank you". Borrow a pick-up truck, and cart your things over by the truckload.

If you've got a long haul to your new place, rent a truck through a company like U-Haul. Alternatively, it can be more affordable to ship your stuff using a pod rather than a moving truck.

5. If you need to hire movers, get multiple quotes, which will help you negotiate for the best rate. Work alongside with movers, so that you can reduce the time it takes and total billable

hours. Save big by moving in the off season or mid-week rather than on the weekend.

- 6. Negotiate everything. Moving company's fees, truck rates, and much more are negotiable. Ask for a discount, present a competitive offer and if the manager doesn't want to cut you a deal, take your business elsewhere.
- 7. Clean up yourself. Unlike my new condo, which was a pigsty when I took possession, most new homes are supposed to be clean. Don't hire a cleaner. Grab your rubber gloves and start scrubbing.
- 8. Save on packing supplies. Borrow boxes from friends, or ask your local grocery store for free ones. Dollar stores sell inexpensive packing tape and markets. Use your clothes, towels and sheets to wrap delicate items rather than buying bubble wrap.
- 9. Deduct qualified moving expenses from your taxes. Check with your accountant whether your expenses are deductible and keep all of your moving receipts.
- 10. If you're moving for work, ask your employer to pay for it.



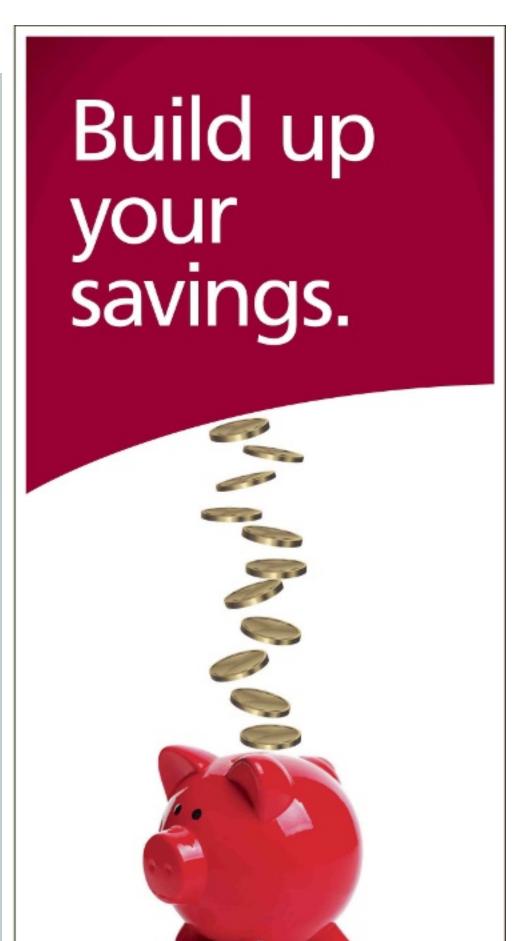
Ask about how you can earn up to 25,000 Aeroplan® Miles.²





In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get \$4,000 cash back up-front as well as \$2,000 cash back over the term of your mortgage.\(^1\) on a \$400,000 mortgage. Conditions apply. Ask for details.



SPORTS

Women's soccer

"We're a very confident team right now and we feel that on anv given day, we can beat the Japans, the U.S.A.'s, the Swedens."

tain Christine Sinclair. She says her experienced team is primed for this summer's Olympics. The 18-woman squad announced Monday has a combined 1,374 caps. After the team's poor showing at last year's World Cup, Sinclair acknowledges it's time for the seventh-ranked Canadians to deliver against top

"We're a confident team and we feel that we can beat them, but that's just words. We have to actually do it."

Christine Sinclair THE CANADIAN PRESS

On the web



omagian Welterweight lory (Ares) MacDonald is looking to take down a legend at UFC down a legend at UFC
152 in Toronto. And
he may get to do it in
the main event. The
British Columbian's
fight against former
champion B.J. Penn is
currently listed as the
co-main event for the
Sept. 22 show at the
Air Canada Centre. But
a possible main event
apparently won't take
place. Scan the code for
the story.

NHL. Sakic, Shanahan head list of hall hopefuls

Joe Sakic, Brendan Shanahan, Mats Sundin and Jeremy Roenick lead the list of firstyear eligible players hoping to get the call from the Hockey Hall of Fame.

The hall will announces its newest inductees on Tuesday. The 2012 class will enter the hall on Nov. 22.

"Every year now it's getting real difficult," Hall of Famer Scotty Bowman, a member of the hall's 18-member selection committee, said of choosing the THE CANADIAN PRESS



NHL. Star players align ahead of CBA negotiations

It could have been an all-star

First Alex Ovechkin strode through the hotel lobby and into a meeting room. Soon Jonathan Toews, John Tavares, Shea Weber, Shane Doan and 50 other NHLers followed as sure a sign as any about how seriously members of the NHL Players' Association are taking their last set of meetings before negotiations begin on a new collective bargaining agreement.

NHLPA executive director Donald Fehr has repeatedly talked about how important it

"It's the future for everybody.... It's our lives."

Alex Ovechkin on upcoming collective bargaining agreement negotiations

is for a wide variety of players to be engaged in the process. Now he's reached the moment of truth — formal CBA talks with the NHL will begin very quickly" after this session ends Wednesday, according to Fehr.

THE CANADIAN PRESS

Heat celebrate with parade

NBA

Women's basketball

Canadians step

closer to London The Canadian women's

basketball team moved a

step closer toward qualifying for the London Games.

89-23 on Monday in the

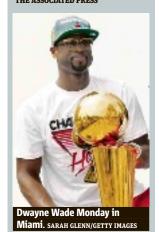
opening game for both

qualifying tournament. THE CANADIAN PRESS

teams at a FIBA Olympic

Canada thumped Mali

With tens of thousands of fans lining the route, the Miami Heat held their championship parade on Monday. Players and coaches were on double-decker buses with friends and family, most taking photos and video of the crowd.



Gymnast banned after drug test

A Canadian gymnast has been suspended for six months after testing positive for marijuana.

The world governing body of gymnastics says Cory Marsh, 18, from Oakville, Ont., failed a drug test in Orlando in April. THE CANADIAN PRESS

Former Wimbledon champ **Venus Williams ousted**

Tennis. Williams was diagnosed with an autoimmune disease last year

Racket bag slung over her shoulder, resignation written across her face, Venus Williams weaved through fans milling about on the sidewalks that players must traverse to get from Court 2 to the Wimbledon locker-rooms.

The 32-year-old Williams had just absorbed a lopsided first-round loss at the Grand Slam tournament she once ruled, a poor performance that raised questions about how much longer she will keep playing tennis while dealing with an energy-sapping illness.

She trudged by as her hit-

ting partner, David Witt, was saying: "It's tough to watch sometimes. I think everybody sees it. I don't know what else to say.

Looking lethargic, and

Isner out

John Isner, best known for winning the longest match in tennis history, went five sets at Wimbledon again — and lost this time, to 73rd-ranked Alejandro Falla.

rarely showing off the powerbased game that carried her to five Wimbledon titles and seven majors overall, Williams departed meekly Monday with a 6-1, 6-3 defeat against 79thranked Elena Vesnina of Russia. Only once before — as a teenager making her Wimbledon debut in 1997 — had Williams exited so early at the All England Club.

Still, Williams said she'll be at the London Olympics next month and is "planning" to be back at Wimbledon next year.

"I feel like I'm a great player," Williams said.

THE ASSOCIATED PRESS



Germany aims to change tradition vs. Italy



Germany's young team can achieve something none of its predecessors have ever managed — beat Italy at a major tournament.

With such a negative record against Italy, no wonder the Germans don't want to be reminded of the past ahead of Thursday's European Championship semifinals in Warsaw.

It was Italy that smashed German hopes of winning the 2006 World Cup at home, beating the hosts in the semifinals with two late goals. Germany captain Philipp Lahm said his teammates are not concerned with statistics, but the coaching

Head-to-head

Of seven previous World Cup or European Championship matches between Germany and Italy, the latter has won three and the others were draws.

staff has been impressed by the

cool nerves of Andrea Pirlo. "That was cheeky," goal-keeping coach Andreas Koepke said Monday of Pirlo's chipped penalty kick in the quarter-final win over England. "Of course we remember earlier matches

and we remember 2006 as well. But it's in the past."

Germany is in the semifinals for the fourth straight major tournament. The team made the final of Euro 2008 and the semifinals of the 2010 World Cup, losing both times to Spain. Germany has won 15 straight competitive matches, a record.

We are confident we can beat any team, but it will be tough. Italy showed how well it can play already by holding Spain to a draw," said Mesut Ozil. "We are strong in attack and in defence, we believe in ourselves and we want the title." THE ASSOCIATED PRESS

metronews.ca Tuesday, June 26, 2012 **SPORTS**

MLB

AMERICAN LEAGUE

w	L	Pct	GB
43	28	.606	_
41	31	.569	21/
40	32	.556	31/
38	34		51/
37	35	.514	61/
W	L	Pct	GB
38	34	.528	-
37	34	.521	1/
35	37	.486	3
31			6
29	42	.408	81/
W	L	Pct	GB
45	28	.616	-
40	33	.548	5
35	38	.479	10
31	43	/110	141/
	43 41 40 38 37 38 37 35 31 29 W 45 40 35	W L S 32 42 43 43 43 43 43 43 43 44 42 45 48 40 33 33 53 8	W L Pct 31 34 528 37 35 514 W L Pct 31 34 528 37 34 521 35 37 486 31 39 443 29 42 408 W L Pct 45 28 616 40 33 548 35 38 479

Toronto at Boston Detroit at Texas Chicago White Sox at Minnesota

Clickagy Willie Sou & Minimesoud
Tampa Bay at Kansas City
Oakland at Seattle
Tuesday's games — All Times Eastern
Cleveland (Masterson 4-6) at N.Y. Yankees

(P.Hughes 7-6), 7:05 p.m. L.A. Angels (C.Wilson 8-4) at Baltimore (Matusz

L.A. Arigera Carrier 5-8), 7:05 p.m. Toronto (Laffey 0-0) at Boston (Matsuzaka 0-2),

7:10 p.m.
Detroit (Smyly 2-2) at Texas (Darvish 9-4), 8:05 p.m.

Chicago White Sox (Floyd 5-7) at Minnesota (Hendriks 0-4), 8:10 p.m. Tampa Bay (Archer 0-1) at Kansas City (B.Chen

and (Blackley 1-2) at Seattle (Vargas 7-7),

INTERLEAGUE

Sunday's results Miami 9 Toronto 0 Milami 9 foronto u
Baltimore 2 Washington 1
Boston 9 Atlanta 4
Chicago WSox 1 Milwaukee 0 (10 innings)
Detroit 3 Pittsburgh 2 Houston 7 Cleveland 1 L.A. Angels 5 L.A. Dodgers 3 esota 4 Cincinnati 3 N.Y. Yankees 6 N.Y. Mets 5 Oakland 4 San Francisco 2 San Diego 2 Seattle 0 St. Louis 11 Kansas City 8

AMERICAN LEAGUE BATTING

Tampa Bay 3-7 Philadelphia 2-3

	G	AB	R	Н	Avg.
Konerko, ChiW	65	240	36	82	.342
Trout, LAA	51	207	43	70	.338
Beltre, Tex	69	266	41	86	.323
Hamilton, Tex	66	254	46	81	.319
Trumbo, LAA	64	237	34	75	.316
Mauer, Minn	63	228	33	72	.316
Jeter, NYY	70	302	40	92	.305
Fielder, Det	72	270	36	82	.304
MATIONALI	FACI	IF D			_

NATIONAL LEAGUE BATTING

	G	AB	K	н	Avg.
DWright, NYM	69	253	47	91	.360
Votto, Cin	71	245	47	88	.359
MeCabrera, SF	70	291	49	102	.351
Ruiz, Pha	65	207	30	72	.348
McCutchen, Pgh	68	253	39	86	.340
CGonzalez, Col	65	265	52	87	.328
Braun, Mil	68	260	47	83	.319
YMolina, StL	66	242	31	77	.318
Prado, Atl	70	276	42	87	.315
Not including Mo	nday's	game	S		

NATIONAL LEAGUE

	W	L	Pct	GE
Washington	41	29	.586	_
New York	39	34	.534	31/
Atlanta	38	34	.528	4
Miami	34	38	.472	8
Philadelphia	34	40	.459	9
CENTRAL DIVISIO	N			
Cincinnati	39	32	.549	_
Pittsburgh	38	33	.535	1
St. Louis	38	35	.521	2
Milwaukee	33	39	.458	61/
Houston	30	42	.417	91/
Chicago	24	48	.333	151/
WEST DIVISION				
Los Angeles	43	30	.589	_
San Francisco	40	33	.548	3
Arizona	37	35	.514	51/
Colorado	27	44	.380	15
San Diego	26	47	.356	17

Pittsburgh at Philadelph Milwaukee at Cincinnati St. Louis at Miami N.Y. Mets at Chicago Cubs San Diego at Houston Washington at Colorado
L.A. Dodgers at San Francisco
Sunday's result
Articology's Articology Cubs 1
Tricology's Targeton All Times

Tuesday's games — All Times Eastern Pittsburgh (Bedard 4-7) at Philadelphia (Worley

3-4), 7:05 p.m. Arizona (D.Hudson 3-1) at Atlanta (T.Hudson 5-3), 7:10 p.m.

Milwaukee (Estrada 0-3) at Cincinnati (Arroyo

St. Louis (Lohse 6-2) at Miami (Zambrano 4-5),

N.Y. Mets (Gee 5-5) at Chicago Cubs (R.Wells 1-2), 8:05 p.m. San Diego (K.Wells 0-0) at Houston (Lyles 1-4),

Washington (G.Gonzalez 9-3) at Colorado

(Friedrich 4-4), 8-40 p.m. L.A. Dodgers (Kershaw 5-3) at San Francisco (Vogelsong 6-3), 10:15 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 241. Matt Kenseth, 596 points. 2. Greg Biffle, 585. 3. Dale Earnhardt Jr., 582. 4. Jimmie Johnso 571. 5. Tony Stewart, 533. 6. Kevin Harvick, 532. 7. Clint Bowyer, 529. 8. Denny Hamlin, 523. 9. Martin Truex Jr., 520. 10. Brad Keselowski, 490. 11. Carl Edwards, 479. 12. Kyle Busch, 459. 13. Ryan Newman, 453. 14. Paul Menard, 445. 15. Joey Logano, 441, 16, Marcos Ambrose, 425, 17, Kasey Kahne, 421. 18. Jeff Gordon, 414. 19. Jeff Burton, 408. 20. Jamie McMurray, 402. 21. Aric Almirola, 388. 22. Juan Pablo Montoya, 387. 23. A J Allmendinger, 365. 24. Mark Martin, 341. 25. Regan Smith, 338. 26. Bobby Labonte, 336. 27. Kurt Busch, 331. 28. Casey Mears, 296. 29. David Ragan, 278, 30. David Gilliland, 264. 31. Travis Kvapil, 228. 32. Landon Cassill, 227. 33. Dave Blaney, 219. 34. David Reutimann, 198. 35. J.J. Yeley, 117. 36. Brian Vickers, 106. 37. David Stremme, 103, 38, Michael McDowell, 83, 39. Tony Raines, 61, 40. Ken Schrader, 60. 41. Josh Wise, 59. 42. Brendan Gaughan, 50. 43. Terry Labonte, 42. 44. Stephen Leicht, 37. 45. Scott Speed, 31, 46, Scott Riggs, 27, 47, Michael

Waltrip, 26. 48. Boris Said, 15. 49. Hermie Sadler, 13. 50. Robby Gordon, 11.

PGA FEDEXCUP STANDINGS

Through June 24
(all figures in U.S. dollars)

(all figures in U.S. dollars	
1. Jason Dufner	Points—Money YTD
2. Bubba Watson	1,849—\$4,077,013 1,617—\$3,732,778 1,572—\$3,387,212
3. Hunter Mahan	1,572-\$3,387,212
4. Tiger Woods	1,452—\$3,050,398
 Matt Kuchar Zach Johnson 	1,452—\$3,050,398 1,423—\$3,325,352 1,420—\$3,084,941
7. Rory McIlroy	1,372—\$3,164,700
8. Phil Mickelson	1,372—\$3,164,700 1,313—\$2,857,371 1,298—\$2,771,722
9. Webb Simpson	1,298—\$2,771,722
10. Carl Pettersson 11. Rickie Fowler	1,256—\$2,459,115
12. Justin Rose	1,258—\$2,459,113 1,197—\$2,731,569 1,169—\$2,636,250
13. Johnson Wagner	1,142—\$2,107,868
14. Luke Donald 15. Kyle Stanley	1,142—\$2,107,868 1,070—\$2,299,506 992—\$2,035,353
16. John Huh	982—\$2,120,080
17. Mark Wilson	982—\$2,120,080 940—\$1,953,639 931—\$1,939,396
18. Jim Furyk	931—\$1,939,396
19. Bill Haas 20. Keegan Bradley	922—\$1,887,862 915—\$1,764,635 911—\$1,862,017
21. Steve Stricker	911—\$1,862,017
22. Dustin Johnson	898—\$1,815,950 897—\$1,732,982 888—\$1,757,814
23. Marc Leishman 24. Brandt Snedeker	89/—\$1,/32,982 999—¢1 757 91/
25. Ben Curtis	886—\$2,154,480
26. Martin Laird	886—\$2,154,480 847—\$1,885,834 812—\$1,827,484
27. Graeme McDowell	812—\$1,827,484
28. Ernie Els 29. Kevin Na	802-\$1,644,658 779-\$1,690,805
30. Ben Crane	802—\$1,644,658 779—\$1,690,805 747—\$1,508,555
31. John Rollins	719—\$1,420,187 709—\$1,329,838 709—\$1,269,142
32. Robert Garrigus	709—\$1,329,838
33. Charlie Wi 34. Spencer Levin	695—\$1,269,142
35. Lee Westwood	695—\$1,240,911 690—\$1,692,789 690—\$1,549,652
Louis Oosthuizen	690—\$1,549,652
37. Bo Van Pelt 38. D.A. Points	664—\$1,426,122 662—\$1,345,313 655—\$1,486,315
39. Jonathan Byrd	655—\$1,486,315
40. Brian Davis	655-\$1,177,793
41. Ryan Palmer	655—\$1,177,793 641—\$1,163,762 641—\$1,365,897
42. Matt Every 43. Michael Thompson	641—\$1,365,897 628—\$1,215,966
44. Ken Duke	628—\$1,215,966 622—\$1,170,420
45. Charles Howell III	621—\$896,483
46. John Senden 47. Cameron Tringale	604—\$1,089,172 603—\$1,112,016
48. Brendon de Jonge	596—\$910 675
49. Charley Hoffman	579—\$1,132,519 573—\$1,031,675 561—\$1,035,276
50. George McNeill	573—\$1,031,675
51. Kevin Stadler 52. Rory Sabbatini	545—\$1,035,276 545—\$1.038.540
Padraig Harrington	545—\$1,038,540 538—\$1,150,762 535—\$1,015,289
54. Aaron Baddeley	535—\$1,015,289
55. David Toms 56. Ryan Moore	524—\$1,071,928 518—\$948,294
57. Sean O'Hair	518—\$788,794
58. Sang-Moon Bae	510—\$967,285 507—\$831,292
59. Seung-Yul Noh	507—\$831,292
60. Dicky Pride 61. Jeff Overton	503—\$1,088,363 495—\$845,378
62. Bud Cauley	492—\$7/1,461
63. Scott Piercy	485—\$852,965 483—\$871,808
64. Jimmy Walker	483—\$871,808
65. Greg Owen 66. Pat Perez	477—\$827,163 473—\$795,467
67. Chris Stroud	469—\$856,236
68. Bryce Molder	466—\$759,795 464—\$588,322
69. Greg Chalmers 70. Nick Watney	464—\$588,322
71. Jonas Blixt	463—\$822,007 455—\$873,798
72. Harris English	455—\$830,806
73. John Merrick	454—\$758,273 445—\$744,108
74. Geoff Ogilvy 75. Ian Poulter	445—\$744,108 443—\$914,708
76. J.B. Holmes	440—\$779,430
77. Fredrik Jacobson	434-\$833,431
78. Tom Gillis	432—\$726,804 429—\$654,805
79. Vijay Singh 80. K.J. Choi	429—\$654,805 423—¢682 1/15
81. Robert Allenby	423—\$682,445 415—\$759,557
82. John Mallinger	410-\$623,490
83. Bob Estes	402—\$683,558 400—\$635,678
84. James Driscoll 85. Sergio Garcia	400—\$635,678 396—\$801,316
86. Henrik Stenson	394—\$701,103
87. Harrison Frazar	386—\$720,635

oo. Didke Audilis	202—3021,U11
89. Charl Schwartzel	380-\$810,744
90. Daniel Summerhays	379-\$674,625
91. Andres Romero	377-\$700,619
92. Ricky Barnes	376-\$626,889
93. Colt Knost	370-\$746,846
94. Chad Campbell	370-\$508,149
95. Martin Flores	365-\$557,767
96. Jeff Maggert	363-\$517,778
97. Brian Gay	357-\$618,043
98. Adam Scott	356-\$738,899
99. Tommy Gainey	350-\$620,881
100. David Hearn	350-\$585,355
101. Boo Weekley	335-\$627,199
102. Billy Mayfair	335-\$514,162
103. Kevin Chappell	333-\$443,157
104. Brian Harman	332-\$522,818
105. Roberto Castro	330-\$360,258
106. J.J. Henry	325-\$571,495
107. Will Claxton	323-\$453,062
107. Davis Love III	323-\$552,384
109. Chris Kirk	318-\$549,571
110. Trevor Immelman	309-\$476,104
111. David Mathis	307-\$575,980
112. Kevin Streelman	306-\$580,337
113. Graham DeLaet	305-\$539,142
114. Tim Herron	296-\$353,970
115. Jason Day	295-\$579,786
116. William McGirt	289-\$403,418
117. Brendan Steele	288-\$599,915
118. Vaughn Taylor	280-\$462,618
119. Kyle Reifers	268-\$334,158
120. Kris Blanks	268-\$365,659

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey

PRELIMINARY ROUND

Monday's results Canada 89 Mali 23

Croatia 84 Mozambi Croatia 64 Mozambique 62 Czech Republic 70 New Zealand 51 Turkey 65 Puerto Rico 53

Tuesday's games — All Times Eastern Mozambique vs. South Korea, 7:30 a.m. New Zealand vs. Argentina, 9:45 a.m. Turkey vs. Japan, 12 noon

Canada vs. France, 2:15 p.m. Wednesday's games

Croatia vs. South Korea, 7:30 a.m. Japan vs. Puerto Rico, 9:45 a.m. Argentina vs. Czech Republic, 12 noon France vs. Mali, 2:15 p.m.

CFL

PRE-SEASON (FINAL) **EAST DIVISION**

LASI DIVISI	UIT						
	GP	W	L	T	PF	PA	Pt
Toronto	2	2	0	0	54	44	4
Hamilton	2	1	1	0	50	54	2
Winnipeg	2	1	1	0	47	36	2
Montreal	2	0	2	0	30	47	0
Hamilton Winnipeg Montreal WEST DIVIS	ION						
	GP	W	L	T	PF	PA	Pt
B.C.	2	2	0	0	68	26	4
- 1	_	•	•	•		40	

2 2 0 0 53 48 2 0 2 0 41 77 2 0 2 0 33 44

REGULAR SEASON WEEK ONE All Times Eastern Friday's games Saskatchewan at Hamilton, 7 p.m. Winnipeg at B.C., 10 p.m.

Saturday's game Toronto at Edmonton, 7 p.m. Sunday's game Montreal at Calgary, 7 p.m.

TENNIS

WIMBLEDON

At Londor

MEN

Singles — First Round Novak Djokovic (1), Serbia, def. Juan Carlos

Ferrero, Spain, 6-3, 6-3, 6-1. Roger Federer (3), Switzerland, def. Albert Janko Tipsarevic (8), Serbia, def. David Nalbandian, Argentina, 6-4, 7-6 (4), 6-2. Ernests Gulbis, Latvia, def. Tomas Berdych (6), Czech Republic, 7-6 (5), 7-6 (4), 7-6 (4). Alejandro Falla, Colombia, def. John Isner (11)

U.S., 6-4, 6-7 (7), 3-6, 7-6 (7), 7-5. Nicolas Almagro (12), Spain, vs. Olivier Rochus, Belgium, 6-7 (4), 3-6, 7-6 (4), 6-2, 2-2 (susp.,

darkness).
Gilles Simon (13), France, def. Paul-Henri Mathieu, France, 6-3, 5-4 (retired) Juan Monaco (15), Argentina, def. Leonardo Mayer, Argentina, 6-4, 7-6 (5), 7-6 (5). Fernando Verdasco (17), Spain, def. Jimmy Wang, Taiwan, 7-6 (3), 6-4, 7-5. Richard Gasquet (18), France, def. Tobias Kar

Germany, 6-2, 6-2, 6-2. Denis Istomin, Uzbekistan, def. Andreas Sepp (23), Italy, 6-7 (2), 6-4, 3-6, 6-3, 8-6. Viktor Troicki, Serbia, def. Marcel Granollers

(24), Spain, 7-5, 7-6 (5), 3-6, 2-6, 8-6. Mikhail Youzhny (26), Russia, def. Donald Young, U.S., 4-6, 6-3, 6-2, 6-3. Radek Stepanek (28), Czech Republic, def. Sergiy Stakhovsky, Ukraine, 6-1, 1-0 (retired).
Julien Benneteau (29), France, def. Gilles

Muller, Luxembourg, 6-2, 7-5, 7-6 (4). Florian Mayer (31), Germany, def. Dmitry Tursunov, Russia, 7-6 (3), 6-2, 6-3. Michael Russell, U.S., def. Adrian Menendez Maceiras, Spain, 6-3, 6-1, 7-6 (7). Ryan Sweeting, U.S., def. Potito Starace,

Italy, 6-2, 2-0 (retired). Ruben Bemelmans, Belgium, def. Carlos

Berlocq, Argentina, 7-5, 6-7 (4), 6-3, 7-6 (2). WOMEN

Singles — First Round Maria Sharapova (1), Russia, def. Anastasia Rodionova, Australia, 6-2, 6-3. Agnieszka Radwanska (3), Poland, def. Magdalena Rybarikova, Slovakia, 6-3, 6-3. Sam Stosur (5), Australia, def. Carla Suarez Navarro, Spain, 6-1, 6-3.

Angelique Kerber (8), Germany, def. Lucie Hradecka, Czech Republic, 6-4, 6-1. Li Na (11), China, def. Ksenia Pervak, Kazakhstan, 6-3, 6-1.

Vera Zvonareva (12), Russia, vs. Mona Barthel. Germany, 2-6, 7-6 (3) (susp., darkness).
Sabine Lisicki (15), Germany, def. Petra Martic, Croatia, 6-4, 6-2.

Camila Giorgi, Italy, def. Flavia Pennetta (16), Italy, 6-4, 6-3. Maria Kirilenko (17), Russia, def. Alexandra

Cadantu, Romania, 6-3, 6-1

Kim Clijsters, Belgium, def. Jelena Jankovic (18), Serbia, 6-2, 6-4. Nadia Petrova (20), Russia, def. Maria Elena

Camerin, Italy, 6-0, 6-2. Petra Cetkovska (23), Czech Republic, def. Va-

nia King, U.S., 6-4, 6-2. Jamie Lee Hampton, U.S., def. Daniela Hantu-

chova (27), Slovakia, 6-4, 7-6 (1). Christina McHale (28), U.S., vs. Johanna Konta, Britain, 6-7 (4), 6-2, 7-7 (susp., darkness). Stephanie Foretz Gacon, France, def. Monica Niculescu (29), Romania, 6-4, 3-6, 6-3. Peng Shuai (30), China, def. Sandra Zaniews-

ka, Poland, 6-2, 6-7 (3), 6-3. Elena Vesnina, Russia, def. Venus Williams, U.S., 6-1, 6-3.

SOCCER

EURO 2012

QUARTER-FINALS

s 4-2 on penalties)

SEMIFINALS

All Times Eastern Wednesday's game At Donetsk, Ukraine Portugal vs. Spain, 2:45 p.m. Thursday's game At Warsaw, Poland Germany vs. Italy, 2:45 p.m.

CHAMPIONSHIP

At Kiev, Ukraine Semifinal winners, 2:45 p.m.

EASTERN CONFERENCE

:		GP	W	L	Т	GF	GΑ	Pt
÷	New York	16	9	4	3	31	24	30
÷	D.C.	17	9	5	3	31	22	30
:	Kansas City	15	9	4	2	20	15	29
:	Chicago	15	7	5	3	20	19	24
÷	Houston	15	5	5	5	20	23	20
:	Columbus	14	5	5	4	14	15	19
:	New England	15	5	7	3	20	20	18
i	Montreal	16	5	8	3	24	26	18
:	Philadelphia	13	3	8	2	12	15	11
÷	Toronto	13	1	10	2	13	28	5

WESTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	Pt
San Jose	16	10	3	3	31	19	33
Real Salt Lake	17	10	5	2	28	19	32
Vancouver	16	7	4	5	18	19	26
Seattle	16	7	5	4	19	16	25
Los Angeles	16	6	8	2	22	23	20
Colorado	15	6	8	1	21	21	19
Chivas USA	16	5	7	4	11	18	19
Portland	15	4	6	5	14	17	16
Dallas	17	3	9	5	16	26	14
Sunday's results							
New York 3 D.C. U	Inite	d 2					

Portland 2 Seattle 1 Saturday's results Montreal 4 Houston 2

New England 2 Toronto 2 Los Angeles 3 Vancouver 0 Philadelphia 4 Kansas City 0 Chicago 2 Columbus 1

Chivas USA 0 Dallas 0 San Jose 2 Real Salt Lake 1 Wednesday's game - All Times Eastern Toronto at Montreal, 7:30 p.m.

Friday's game
Chicago at Kansas City, 8 p.m. Saturday's games

New York at Toronto, 7 p.m. Montreal at D.C. United, 7:30 p.m. Seattle at New England, 7:30 p.m. Real Salt Lake at Columbus, 8 p.m.

Philadelphia at Houston, 8:30 p.m. Portland at Colorado, 9 p.i Los Angeles at San Jose, 10 p.m.

Minnesota 2 Fort Lauderdale 1

Puerto Rico 2 Atlanta 1

Tampa Bay 3 San Antonio 2

NASL

	GP	W	L	Т	GF	GA	Pt
Puerto Rico	12	7	3	2	21	10	23
San Antonio	12	6	2	4	18	12	22
Minnesota	12	5	2	5	18	16	20
Tampa Bay	13	5	5	3	16	18	18
Carolina	13	4	4	5	22	20	17
Fort Lauderdale	13	4	5	4	17	20	16
Edmonton	12	3	7	2	11	13	11
Atlanta	13	1	7	5	12	26	8
Saturday's resul	ts						
Carolina 2 Edmon	ton (١					

LOOKING TO MAKE A CAREER CHANGE

Read metr@work every Monday & Wednesday.

ublished. Metro will not be responsible limited to the amount actually paid by the right to classify all advertisements.

HELP WANTED

Business Opportunities

Hate Commuting? Then Don't! Learn to teach The Freedom Project online and turn 5-15 hours a week into \$1000 - 5000+ /month.

Good voice an asset. Free training. Flexible hours. ww.toyourgoodhealth.net

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!! **WILL BUY UNWANTED** CARS AND TRUCKS FOR SCRAP AND PARTS. PAY CASH

Give me a call and I'll haul it away

BARRY 613-769-7940

MERCHANDISE

Public Auctions

UBLIC AUCTION uesday June 26th, 2012

St-Elias Centre 750 Ridgewood Ave. Preview: 3:00pm Starts: 4:30pm

MICHAEL SPOONER & SON 613-722-8321 www.spoonerauctions.com

SERVICES

Financial

Need Ca\$h Today?

Loans up to \$10,000 Bad Credit? No Problem www.eazycash.ca 613-699-0011 Check Cashing, Car Title Loans, Money Transfers.

Mortgages

Mortgages @ low Rates- Call Us Save Money / Reduce Debts accessinba@gmail.com Inba 613-801-0962 lic-M08010746

OWN A HOME?

oaded with Debt? I can help! 1st, 2nd, 3r Mortgages Re-Financing. Home Equity s. Debt Consolidation Loans. Bad redit? Self-Employed? Bank said "No" Fast approvals! Quick Closing! (613)863-0649

THERE ARE **VOICE HEARD**

JOIN AT METROLIFEPANEL.CA METROLIFE

HOUSEHOLD SERVICES

Cleaning Services

RESIDENTIAL & COMMERCIAL
CLEANING
(Fully Licensed, Insured and Bonded)
Weekly•Bi-Weekly•Monthly 613-440-2847

Seeking Employment

Trades

HOME RENOVATIONS

Kitchens & bathrooms, basements, hardwood flooring, painting, plumbing, siding, eavestroughing, general repairs. Fully Insured & Bonded

Call anytime: **613-299-7333**

Psychics

'andit: Vinayaka Saahu



Love * Family * Health

Money 'Depression 'Court Cases 'Job Business "Happiness " Relationship We do Poojas for Removing Black Magic, Evil Spirits and Give Immediate Protection Free Health Protection to Children below 6 years

h:647-241-1246 Keele & Finch)

THERE ARE BETTER WAYS TO MAKE YOUR **VOICE HEARD**

Seeking Employment

Read metr@drive every Wednesday.

Seeking Employment

Seeking Employment

JOB HUNTERS tosucceed.ca

Brought to you by

ONTARIO

NEED COOL DESIGN TIPS?

Read metr@home every Thursday.



SELL YOUR STUFF FOR FREE in the classifieds! Call 1-800-527-6767 to place your free ad! Limit 2 per week • Size 1.535" X .542"

Brought to you by:

The Flea Market at Rideau Carleton Raceway

EVERY SUNDAY

Now the LARGEST FLEA MARKET in the region!



On-Site STORAGE available! Come for BRUNCH and SHOP the Market! For more information or to Register as a Vendor, WWW.RCRFLEAMARKET.COM 613-749-0483 613-822-2211 4837 Albion Rd. Ottawa Ontario K1X 1A3

Excellent Condition Beige Cushion Seat 29" high \$60 for both (613)276-7145

2 Microwaves - \$20-\$25 / 3 coffee makers -\$5 -\$10 / 1 small rice cooker - \$5 / 1 shark steam machine - \$30 / 1 dog cage - \$20 Call (613)851-9730

2004 Gas Scooter Hyosunj 49 CC Only 7,000 kms, great condition, comes with rear case.

Asking \$1200 819-771-5386

•3 seater couch w/arm chair, good con \$350 •Ikea sofa bed w/mattress, good con \$75 •Single Feather Bed \$50 furniture items list. 613-742-6933

Antique Milk Containers x 2 White in Color Asking \$25 each Call (613)744-8236

 Beautiful white hutch 2pc; ex con; asking \$250 • Coffee and End Tables Older model but ex con with smoked glass tops \$75 (613)746-3332 if no answer leave msg

BLOW FLEX MACHINE with extra equipment (used 5 times) Excellent condition \$ 2000 (631)830-7737

Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk Dining Room Set, Maple, with buffett & hutch and 6 chairs, \$400 Call (613)224-2924

s way this way

y this way this

Electrical Massage Seat Portable Used only twice. \$150

(613)233-9601 Call after 6pm

ElectroHome Air Conditioning Unit Good Condition \$40 OBO 613-744-4684

Kenmore Air Conditioner 10,000 BTU's Excellent condition Downtown area 14 x 21 x 23 613-422-0708

enwood Theatre Sound System 1000 Watt, 6 speakers and sub-woofer, Paid \$1000, asking \$495. Like New. Call (819)771-5386

Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

Living room lamp. Good condition. Asking Call (613)744-8236

Master bedroom bed and frame. Oak wood head and foot board, 54" W. Asking \$250 Call (613)744-8236

RCA Color TV 27 inch Good condition \$100.00 (613)233-9601 Call after 6pm

SEARS PORTABLE AIR CONDITIONER Model 46135720, 10,000 BTU's Good working condition 613-746-7969

SINGLE HEAD BURBLEGUM MACHINE ON CAST IRON STAND \$200 OBO 613-600-9797

•Stereo with 2 Speakers - \$75.00 Mens and womens shoes (new)-\$25/each •Juicer - \$45 •Ladies Leather Jacket \$300 (new) • and much more 613-722-6699

Two Scooter Batteries for Sale For Large Scooter, 1 Month Old. Call 613-733-2781

Variety of Dolls, good condition, collectors Antique Music boxes Call for pricing (613)729-4494

Your Free Ad Here! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

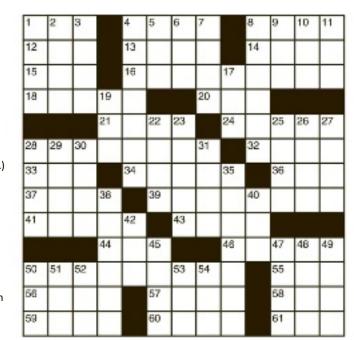
Your Free Ad Here! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro vone incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the an insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to class n (ATL) Metro requests that advouil only be responsible for on I Metro be liable for any non-in J AM TO 6:00 PM (A subsection of the control of the CLASSIFIEDS CUSTOMER SERVICE: 1800 527-6767 – MONDAY TO FRIDAY 8:30, any error other than an incorrect insertion due to any act or omission of Metro. In a Customer for a single publication of the advertisement in the space the ad is run. I

Across

- 1 Pump up the volume
- 4 Bloke
- 8 Hit hard
- 12 Spell-down
- 13 Tortoise's rival
- 14 Addict
- 15 Type units
- 16 Those who refuse to face
- problems
- 18 Bottom line
- 20 Squid squirt
- 21 Mother of Castor and Pollux
- 24 Informative
- 28 "The Blue Angel" star
- 32 Burrito's cousin
- 33 Request
- 34 Neighborhoods
- 36 Droop 37 Evidenced a pinprick
- 39 Parasitic worm
- 41 Auto style
- 43 Highland hillside
- 44 Vast expanse
- 46 Investigate
- 50 French cardinal
- 55 Cronv
- 56 Rue the run 57 Young horse
- 58 Donkey
- 59 Nobility member
- 60 Atmosphere

61 Appomattox VIP

- 1 Help a hood
- 2 Note from the boss 3 Nuisance
- 4 Epidemic illness
- 5 Owns
- 6 Illustrations 7 Graceful woman
- 8 Pail
- 9 Blond shade
- 10 Witness 11 Day fractions (Abbr.)
- 17 Hostel
- 19 Elev.
- 22 Gossip 23 Tart in tone
- 25 "Now then, where
- 26 Read bar codes 27 Guru's exercises
- 28 Light applications 29 Gilligan's home
- 30 Supplemented, with
- 31 Barber's concern
- 35 Shoulder blade
- 38 One of Santa's team
- 40 That girl 42 Born
- 45 Romeo
- 47 October birthstone



- 48 Foundation
- 49 Otherwise
- 50 Knock
- 51 Lemieux milieu

52 Ernesto Guevara 53 Debtor's letters 54 Good hearing

7 2 5 8 6 9 5 8 1 2 3 6 2 4 6 3 2 5 9 1 1 8 4 2 5 8 9 4

How to play

3

9

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and loaic.



2

4

В	8	A	D		8	W	٨	8		T	4	ß
1	A	G	0		U	П	9	٨		П	U	Ī
T	Н	8	п	£,	P	Т	5	Т		E	5	Į
			M	1	8	Τ		Т	w	0	4,	1
٨	L	Т	E	R		Т	J.	E	€.	B		7
V	0	н	П		0	0	U	B	Т	1	М	¢
1	4	E		В	0	N	D	8		Z	0	Ç
D	1	8	٨	R	R	Δ	Y		8	Е	T	į
_		A	K	1	N		_	0	A		E	1
5	a	U	A	Т		В	0	0	п			
0	Ŋ,	н		Т	н	ь	1	8	м	Α	14	7
L	Т	u		L	o	L	L	П	A	B	Е	7
D	P	5		Е	Ε	L	5		N	E	W	ī

How to play

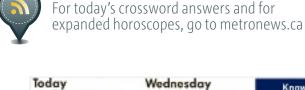
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ECHHUEGLT RUC EWVMH

EUFNAUOR CLWGX SN EWMVWE EGLTGLT, RUC FGTSW EMR

RUC ANXWNO UCW M WCLN Yesterday's Cryptoquip: WHEN A MAN'S NEATLY GROOMED HAIR GETS ALL MUSSED UP, YOU MIGHT SAY HE'S NOW DE-PARTED.

Today's Cryptoquip Clue: R equals Y



21"/14"

Thunderstorm



Know what the weather will be 14 days from now.

(9The Weather Network, 2012)

Horoscope

Aries | March 21 - April 20.

Your thoughts will become more positive now that mind planet Mercury is moving in your favour again.

Taurus | April 21 - May 21.

Something you value will have to be given up but if you are wise you will realize it has to happen so there is room for something even better to ome in and replace it.

II Gemini | May 22 - June 20.

You need to speak up about someng you think isn't fair. Gancer | June 21 - July 22.

Stop trying to hurry things along because what is meant to happen will happen in its own good time. That applies to all areas of your life but especially to money issues where, quite soon, you are in for some good news.

↑ Leo | July 23 - Aug. 22. Your outlook will change quite a bit over next few days.

W Virgo | Aug. 23 - Sept. 22.

Don't draw attention to yourself todav.

__ Libra | Sept. 23 - Oct. 22.

Let friends and colleagues know how you feel today, even if you are the kind of Libra who hates to show notion.

M Scorpio | Oct. 23 - Nov. 21.

You will have to make some tough decisions over the next few days, decisions that will impact your career

in major ways. Sagittarius | Nov. 22 - Dec.

21. It's OK to bend the rules a bit today. No harm will come of it so long as you do it sensibly and don't take too many liberties.

り Capricorn | Dec. 22 - Jan 20.

Something you once thought was so important now seems trivial, and it's to your credit that you are not afraid to change your mind.

Aquarius | Jan. 21 - Feb

18. A relationship problem that has been worrying you for weeks will resolve itself over the next two or three days. Whether the resolution seems "good" or "bad" depends on

H Pisces | Feb. 19 - March

20. What you need to remember today is that every challenge you face is also an opportunity. Put another way: the more you are challenged the more you will grow and the more you will learn and profit over time.

SALLY BROMPTON



Caption Contest

"Splash pad, Niagara Falls-style." VADIM GHIRDA/THE ASSOCIATED PRESS

You write it! Write a funny caption for the image above and send it to play@metronews. ca — the winning caption will be published in

tomorrow's Metro.

Sharability























hard easy



One-Pieces and Chiffon



Meet Lera.

An economics student, professional dancer and avid Yoga-doer from Ukraine, she began modeling for American Apparel after submitting her photos to model@americanapparel.net. Her first gig with us was at Magic Tradeshow in Las Vegas, and she's been one of our regulars ever since. She is wearing the Chiffon Oversized Button-Up and the High-Cut One-Piece.

Retail Locations:

Ottawa—Rideau Centre Rideau Centre Mall Tel. (613) 237-2297

Ottawa—Westboro 400 Richmond Rd. Tel. (613) 715-9050

To learn more about our company, to shop online, and to find all store locations, visit our web site.

American Apparel®

Canadian Inspired Made in USA—Sweatshop Free americanapparel.net